

Indian Vegetarian Meatballs

Yield: 4 min
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-vegetarian-dishes>

Ingredients:

- 1/4 cup uncooked quinoa
- 1/4 cup water
- 1 1/2 tablespoons avocado oil
- 2 cloves
- 1/2 fennel
- 2 green chilies
- 4 cloves garlic chopped
- 1 inch ginger chopped
- 1/2 cup onion chopped
- 1 1/2 cups veggies mixed
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1/4 teaspoon Garam Masala
- 1/2 teaspoon salt
- 2 tablespoons tomato paste
- 1/4 cup cooked quinoa
- 200 grams paneer pulsed
- veggie add cooked, mixture
- 3/4 cup fresh cilantro
- 1/2 teaspoon cardamom powder
- 2 tablespoons besan chickpea flour
- 1 tablespoon avocado oil
- 1 bay leaf
- 1 teaspoon cumin seeds
- 3 green cardamom
- 3 black peppercorns
- 1/2 inch ginger stick
- 2 cloves
- 1 medium onion . chopped
- 4 cloves garlic chopped
- 1 inch ginger chopped
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon red chili powder or cayenne pepper
- 2 teaspoons coriander powder

- 1/4 cup water
- 28 ounces crushed tomatoes
- salt to taste
- 1 cup milk whole, add more milk if you prefer creamier
- 1/2 teaspoon Garam Masala
- 1/4 cup fresh cilantro
- 3/4 pound whole wheat spaghetti cook until al dente

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 112 grams
3. Cholesterol: 45 milligrams
4. Fat: 25 grams
5. Fiber: 10 grams
6. Protein: 30 grams
7. SaturatedFat: 9 grams
8. Sodium: 1070 milligrams
9. Sugar: 11 grams

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